







Mealtime Guides

What are Mealtime Guides?







Mealtime Guides aim to help staff to quickly check residents' assistance needs and their preferences for food and drink.

The guides are colour coded:

This indicates that the resident does not need assistance to eat or drink.

Mealtime Guide		Photo of Resident here	
Name: MARIE Room: 16			
	Diet - Diabetic		Cup preferences - Standard mugs and glasses
	Allergies - Gluten (Celiac)		I usually prefer... - Milky tea, no sugar - Fresh juice (all types) - Soup - Custard
	Assistance needed - I am able to eat and drink independently - I especially like lots of tea		I tend not to prefer... - Yoghurt

This indicates that the resident needs some assistance, prompting or encouragement to eat or drink.

Mealtime Guide		Photo of Resident here	
Name: TIMOTHY Room: 24			
	Diet - Normal diet and fluids		Cup preferences - Lightweight mug for hot drink - Plastic cup for cold drinks
	Allergies - None known		I usually prefer... - Tea, milk, no sugar - Coffee, black - Mango juice - Cranberry juice - Orange juice
	Assistance needed - I like someone to sit and talk to me when I have a drink - it makes me calm and stops me pouring my drink on the floor - I eat and drink better if I am not in bed		I tend not to prefer... - Water - Squash

This indicates that the resident needs assistance to eat or drink.

Mealtime Guide		Photo of Resident here	
Name: JEAN Room: 12			
	Diet - Pureed diet, Stage 2 thickened fluids		Cup preferences - My own two-handed beaker
	Allergies - None known		I usually prefer... - Tea, milk, no sugar - Mango juice - Pureed fruit
	Assistance needed - I need full assistance to eat and drink. Please explain that you are here with my food so I know it is a mealtime.		I tend not to prefer... - Fizzy drinks

Mealtime Guide

Name: MARIE

Room: 16

Photo of
Resident
here



Diet
- Diabetic



Cup preferences
- Standard mugs and glasses



Allergies
- Gluten (Celliac)



I usually prefer...
- Milky tea, no sugar
- Fresh juice (all types)
- Soup
- Custard



Assistance needed
- I am able to eat and drink independently

- I especially like lots of tea



I tend not to prefer...
- Yoghurt

A little bit about me

I enjoy...

being around other people, sitting in the garden and visits from my family.

I used to work as...

a shop owner.

Mealtime Guide

Name: TIMOTHY

Room: 24



Diet

- Normal diet and fluids



Allergies

- None known



Assistance needed

- I like someone to sit and talk to me when I have a drink - it makes me calm and stops me pouring my drink on the floor
- I eat and drink better if I am not in bed



Cup preferences

- Lightweight mug for hot drink
- Plastic cup for cold drinks



I usually prefer...

- Tea, milk, one sugar
- Coffee, black
- Mango juice
- Cranberry juice
- Orange juice



I tend not to prefer...

- Water
- Squash

A little bit about me

I enjoy...

listening to the radio, a nice cup of tea and visits from my friends.

I used to work as...

a legal advisor.

Mealtime Guide

Name: JEAN

Room: 12

Photo of
Resident
here



Diet

- Pureed diet, Stage 2 thickened fluids



Cup preferences

- My own two-handed beaker



Allergies

- None known



I usually prefer...

- Tea, milk, no sugar
- Mango juice
- Pureed fruit



Assistance needed

- I need full assistance to eat and drink. Please explain that you are here with my food so I know it is a mealtime.



I tend not to prefer...

- Fizzy drinks

A little bit about me

I enjoy...

watching films and attending activities in the home.

I used to work as...

a primary school teacher.